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Spring 2013

Integral Counseling Psychology Newsletter

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Recommended Citation

CIIS, "Integral Counseling Psychology Newsletter" (2013). *Integral Counseling Psychology Newsletter*. Book 7.
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California Institute of Integral Studies



Integral Counseling Psychology Newsletter

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Spring 2013

Letter from Barbara Morrill, ICP Chair

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And to know the place for the first time.

T.S. Eliot
"Little Gidding"

Dear ICP and ICPW Students,

We heard you!

Welcome to our new students, and welcome back to the rest of you and warm wishes for a new year of exploration! ICP/W has had its own year of reflection given our self-study and program review by outside reviewers. We are grateful to those of you who participated in the review for your support, affirmation, and thoughtful constructive feedback.

We are now in the process of fine-tuning our action plan in response to the report, and want to share with you one of the items that many of you have shared with us.

In short, we will be weaving more transpersonal content into the curriculum.

facebook

[Click here to read more from Barbara](#)

Book Excerpt

On the Path to the Kingdom

by Sergio Rodriguez-Castillo

There are basically two approaches to deal with the challenges we face in our attempts to live a fulfilling and happy life. The first approach, favored by many, and society in general, is to look outwardly in a frantic attempt to accumulate the things, recognition and persons that we have been told are important and can make us happy.

We could call this the "lacking" approach, since the person believes that there is something lacking within, and thus sets out to get it, to fix the problem, to fill the void.

Unfortunately, such approach does not work (to which many "successful" and unhappy people can attest), since it is trying to satisfy an inner deficit (emptiness, aloneness, unworthiness) from without.

The second approach is the one suggested by Jesus and psychotherapy. This approach invites us "to look deep inside and to try to remain in an alert state of humbly seeking the Truth and Wisdom" (Klimek, 1991, p. 76). When the humbling process has been successful, bringing us away from our own self-deception and closer to reality; when deep mourning has taken place and we have become more centered and meek, the normal result is for us to become not only more open to receive and do what is right but to actually hunger and thirst to see and experience reality as it is. We are no longer afraid of who we are, but eager to know ourselves even deeper. From within flows compassion, safety, empathy, love for others, and fulfillment.

[Click here to read Chapter 5 in its entirety](#)

News

ICP News

by Nathan Lupo

Multicultural awareness has been a topic of focused interest in the ICP Program and at CIIS as a whole for a long time. Haridas Chaudhuri founded the Cultural Integration Fellowship, out of which CIIS grew, on principles of inclusion and acceptance across cultures and spiritual and religious beliefs. In the ICP program, we promote diversity awareness and cultural humility in several ways, and we are continuing to revise our curriculum in order to make sure the topic is covered throughout the program. It is our feeling that diversity awareness should be an integral part of such classes as Family Dynamics, Clinical Relationship, and Psychopathology, and not just Group Dynamics and Multicultural Counseling and the Family.

The ICP Diversity Subcommittee, made up of Program Chair Barbara Morrill, faculty members Philip Brooks, Alzak Amlani and Mark Fromm, and staff members Sparlha Swaby and I, meets every month to work on how to integrate multiculturalism throughout the program. Over the last year, we have been meeting with core and adjunct faculty to discuss how multiculturalism is taught in their classes, to recommend readings they might choose to include on their syllabi, and to suggest ways in which they may incorporate the topic into classroom discussions.

[Click here to read more from Nathan Lupo](#)

ICPW News

by Sparlha Swaby

Welcome back to the mission building for Spring semester! I hope your time away was restful and energizing. I spent a week in NY with family and dear friends, eating out almost every night at raw food restaurants, enjoying new and different flavors and dishes. My family celebrated Christmas dinner in Holyoke, Mass., and eight inches of snow greeted us on the Thursday morning after the holiday. While the kids made snow angels and had snowball fights, I stayed indoors and smugly congratulated myself on having made my home in a warmer clime, where one's health is less beleaguered by cold weather. Then, on my second day back, I caught the flu. I'm recovering slowly and don't think I'm contagious anymore, but am taking to heart these ironic repercussions of undue West Coast pride. :)

You'll be seeing one less cohort on campus during cohort weekends this semester. Most of the Ladybugs and Dragonflies of the 2010 cohort graduated this past December. A few of them may be sighted on meal breaks in the café as

they attend their last class, Integrative Seminar with Sergio Rodriguez-Castillo.

[Click here to read more from Sparlha Swaby](#)

Integral Counseling Center Corner

Church Street ICC News

by Deborah Stone

Church Street was recently celebrated at the Association for the Advancement of Gestalt Therapy (AAGT) Conference where Lu Grey and Gieve Patel were asked to speak about the unique role Church Street plays as an advanced educational center. Most recently, an AAGT sponsored dialogue - between "old school" Gestaltists who studied directly with Fritz Perls, and a new generation of Church Street ICC trainees poised to inherit the wisdom this lineage - created new excitement in the field of Gestalt Therapy.

Church Street Integral Counseling Center is the only Gestalt Therapy training center offered through an academic higher learning institution in the United States. While ICP students of all orientations and interests come to Church Street, this status offers those ICP students interested in learning more about Gestalt and Existential Psychotherapy methodologies and philosophies a truly unique training opportunity. With an experiential Gestalt training and community orientation developed by Lu Grey over the last three decades and continuing now with Gieve Patel as Clinical Director and Debbie Stone as Clinic Manager, Church Street ICC has deep roots at CIIS, in the neighborhood, and in the international Gestalt community.

Practicum Corner

Supervision: Support on a New Journey

by Daniela Koenig, Advising and Supervision Coordinator

You've gotten practicum approval, filled out practicum applications, went through the group interviews as well as individual interviews and then you got accepted to a practicum site. Congratulations! And now what. You are still basking in the excitement of having gotten accepted to a practicum and now are asking yourself "how is this going to be?" "how am I going to put in practice what I've been learning and studying in my classes". First of all take a deep breath and know that the clinical director, the other trainees and in particular your supervisor(s) will be of tremendous

support to you as you start seeing clients.

Supervisors are a crucial part of your learning journey in practicum. They support you with counter-transference, help you develop treatment plans, and are there to hold your hands as you are the therapist for the first time with your clients. At some sites your site individual and group supervisor are assigned to you and you don't get to choose who you work with, however, your ICP supervisor is someone you get to choose. Before you reach out to any of the therapists on the ICP approved supervisor list, please attend an ICP Practicum 102 Orientation. It's important that you take a few minutes to consider what you are looking for in a supervisor. Here are some questions to help you consider the kind of supervisor you want to work with:

1. How does the supervisor describe his/her "therapeutic orientation" in his/her own words? For example, ask the person to define for you what they mean by psychodynamic, transpersonal, existential systems, etc. Even though we share common meanings for these orientations, asking for more detail can help you get a sense of the person's personality and their relationship to their work as therapists.
2. How open is the supervisor to considering other ways of working with clients outside of their named "orientation"? In other words, how "inclusive" or "exclusive" is the person's theoretical framework?
3. To what degree is the supervisor attached to you, the student, having to "try out" the interventions that they suggest in your work with clients? How much space do they hold for you to explore different modalities?
4. Does the supervisor have any concrete expectations in terms of a method for doing supervision? For example, do they want you to give a blow by blow account of sessions with clients, do they want to listen to your tapes on a regular basis, do they expect to read your process notes?
5. To what degree is the supervisor interested in working with your countertransference, and/or personal process around your work as a therapist?
6. How does the supervisor hold the relational aspect of supervision?
7. What does the supervisor consider his/her role to be in your training as a therapist?
8. What does the supervisor most like about doing supervision? What client populations does the supervisor feel comfortable supervising for you. Are they willing to supervise children, couples, families? If you want to work with a given population your supervisor has to be willing to supervise your work with

that population so this is an important thing to check

In the ICP Practicum Orientation 102 workshop that I offer every semester we will discuss this further and talk about the logistical pieces to start practicum in the summer or fall 2013. After you have been accepted to a practicum please plan on attending a practicum 102 orientation.

ICP Practicum 102 Orientation

If you are starting practicum in the summer or fall 2013, please plan on attending one of these workshops to learn more about registering for practicum, finding an ICP approved supervisor, and BBS forms.

Monday, March 25, 6:00-7:30 p.m. Room 207

Wednesday, March 27, 11:30 a.m.-1:00 p.m. Room 304

ICPW Practicum 102 Orientation

Friday, March 15, 2013, 12:00-1:00 p.m. Room 212

Events

Supervisor Talks

Monday evenings from 6:15-7:30 p.m. in room 207

Lesbian Non-birth Mothers and Parents During the Transition to Parenthood

with Janet Linder

February 11

What New Therapists Need to Know About Sitting with Others, and What Gets in the Way

with Derron Santin

February 25

Challenging Transference in the Treatment of Trauma When Working with Adults

with Susan Frankel

March 11

Working with Resistance

with Linda Cunningham

April 1

Alumni Talks

Monday evenings from 6:15-7:30 p.m. in room 207

Alone Together: On the Value of *Being* in Relationship
with Adam Shemper
March 4

On the Rag: An Integral Approach to Treating PMS
with Elizabeth Sullivan
April 8

**Exploring Options: From Private Practice Psychotherapy to
School-Based Work**
with Shane David
April 22

Spring Events

Listening in Depth: The Mystery of Analytical Work
with Barbara Stevens Sullivan
Saturday, February 9, 7:00-9:00 p.m. Room 607

**The Mindful Brain: Psychotherapy, Meditation, and Lasting
Change**
with Theodore Usatynski
Friday, March 1, 7:00-9:00 p.m. Room 304

The Enneagram in Counseling
with Frank De Luca
Thursday, March 7, 6:00-9:00 p.m. Room 207

Character and Emotional Phenomenology
with Robert Stolorow
Saturday, March 30, 10:00 a.m.-12:00 p.m. Room 607

**Understanding Transgender Experiences: Personally and
Clinically**
with Alzak Amlani
Friday, April 12, 7:00-9:00 p.m. Room 607

Mindfulness-Based Experiential Psychotherapy with Couples
with Rob Fisher
Thursday, April 25, 6:30 a.m.-8:30 p.m. Room 304

We are still updating our [events webpage](#), but you can use this link as a reference for more information in the near future.

Pilgrimage to Sri Lanka

An Exploration of Culture, Buddhism, and Self

CIIS and the School of Professional Psychology are sponsoring a study-abroad program in Sri Lanka December 21, 2013-January 4, 2014.

[Click here for more information.](#)

Recommended Readings

Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation

by Marshall Rosenberg

Recommended by Philip Brooks

The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity

by Cynthia Bourgeault

Recommended by Barbara Morrill

The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavioral Therapy, Buddhism and Online Dating

by Kiera Van Gelder

Recommended by Sparlha Swaby

The Mystery of Analytical Work: Weavings from Jung and Bion

by Barbara Stevens Sullivan


Recommended by Nathan Lupo

The Integral Counseling Psychology (ICP) program is one of five distinct master's in counseling psychology programs at CIIS. ICP was the first East-West, transpersonal psychology graduate program in the world. Transpersonal psychology is a framework in which Western schools of psychology are synthesized with the world's spiritual traditions. We view psychological healing and growth within the larger context of spiritual unfolding.

A major emphasis of the Integral Counseling Psychology (ICP) program is on the two major streams of depth psychology: contemporary psychoanalytic and humanistic-existential. We want students to become sophisticated in working with transference and countertransference dynamics in a relational approach to the psyche while also being astute to existential and somatic approaches incorporating the wisdom of the body. Behavioral and family systems orientations are also taught in the ICP program.

Because our education is thorough, we consistently have one of the highest pass rates of all graduate degree programs in California for the Marriage and Family Therapist (MFT) licensure exam.

For more information, contact Nathan Lupo, ICP Program Manager, at (415)575-6225 or nlupo@ciis.edu. For the ICP Weekend program, contact Sparlha Swaby, ICPW Program

Coordinator, at (415)575-6130  or sswaby@ciis.edu.

We wish you a wonderful spring semester. If you have any questions please don't hesitate to contact us.

Warmly,
Barbara, Sparlha, Daniela and Nathan
CIIS Integral Counseling Psychology Department

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